

# Employee Assistance Programs Wellness Resources

*The employee assistance programs listed below can provide training for employees, supervisors and managers for client companies as part of their EAP program services. In addition, they may provide training for organizations which are not currently under contract for a fee. Arrangements must be made with the individual employee assistance program for any services.*



## **Medcenter One**

Employment Assistance Program

Karla Backman, Coordinator

(701) 323-8879

1-800-932-8758 ext. 8879

### **Wellness Options**

- **Fitness Testing Consultation**  
A personal trainer completes a fitness assessment which typically includes aerobic capacity, body composition, flexibility, muscular strength. You then receive an explanation of results and a recommended routine for better health. Available in Bismarck, Dickinson, Fargo and Standing Rock.
- **Health Wellness Online at [www.medcenterone.com](http://www.medcenterone.com)**  
The web site provides detailed and reliable information on thousands of illnesses, medications, drug interactions & side effects, medical tests and procedures. You can also complete a free health profile and record/monitor personal medical information. There are also many assessments on topics ranging from healthy eating to depression. There's even a section on quitting tobacco use.
- **Presentations available:**  
Yoga  
Lowering Your Blood Pressure  
Diet & Nutrition  
Reducing Stress  
Women's Heart Advantage  
Exercise to Fit into Daily Living  
Sleep Disorders  
Recognizing Depression  
Signs/Symptoms of Drug & Alcohol Usage

\*Presentations can be tailored to the interests of your group. Please call for more information.



**Paul Millner, Director**

**530-7195 or 1 (800) 327-7195**

- \_\_\_ Creating a Positive Work Environment
- \_\_\_ Stress Management
- \_\_\_ Dealing with Depression
- \_\_\_ Developing Positive Self-esteem
- \_\_\_ Enhancing your Morale
- \_\_\_ The Pressure Cooker Syndrome
- \_\_\_ Achieve your Personal Balance
- \_\_\_ Managing Stress & the Holidays
- \_\_\_ Sign & Symptoms of Job Stress and Burn out
- \_\_\_ Physical Impact of Alcoholism
- \_\_\_ Alcoholism & the Family
- \_\_\_ Substance Abuse: What it is and Why it Exists
- \_\_\_ Designer Drugs
- \_\_\_ Prescription Drug Abuse
- \_\_\_ The Frantic Family Syndrome\*
- \_\_\_ Making the Most of the Holidays
- \_\_\_ Responding to Grief & Death in the Workplace



Contact Chris Volmer at 800-627-8220, ext. 5030  
or [cvolmer@thevillagefamily.org](mailto:cvolmer@thevillagefamily.org).

- \_\_\_ Life/Work Balance
- \_\_\_ Coping With Change
- \_\_\_ Managing Stress
- \_\_\_ Conflict Resolution
- \_\_\_ Building a Positive Attitude

\*The Village EAP is able to customize trainings to fit each organizations needs and requests.